

Don't drink and drive

Driving under the influence is a criminal offence. Alcohol and truck driving do not go together - don't do it!

Negatives effects of alcohol

- Slows reaction time
 - Distorts vision
 - Reduces concentration
 - Increases risk taking
 - Reduced or poor judgement
 - Increases fatigue – many hours after consumption
- If caught, a professional driver can have his licence suspended for:**
- 6 months - first offence
 - 5 years - second offence
 - 10 years - third offence

★ New legislation proposed recommends that Blood Alcohol content be reduced to 0,02g per 100ml for general drivers and 0,00g per 100ml for professional drivers.

Limits for Professional Drivers

Blood
0,02g per 100ml

Breath
0,10mg per 1000ml



	Sorghum beer	Spirit cooler	Beer	Cider	75ml Red or 90 ml White Wine	Tot / 25 ml Vodka or Cane, whiskey, brandy	Cocktail Various %	Tot / 25ml Tequila	Quart Beer
1.5 U		1.2 - 1.9 U	1.5 - 1.7 U	2 U	1 U	1 U	2 - 4 U	1 U	3.5 - 4 U

★ 1 Unit comes to 0.02g in your blood or 0.10mg in your breath

No. of Units	Blood Alcohol Content	Breath Alcohol Content
3	0.06g	0.3mg
4	0.08g	0.4mg
5	0.10g	0.5mg
6	0.12g	0.6mg
7	0.14g	0.7mg
8	0.16g	0.8mg
9	0.18g	0.9mg
10	0.20g	1.0mg
11	0.22g	1.1mg
12	0.24g	1.2mg

★ Calculations are based on adult male, 68kg. This is a rough guide as each individual is affected differently according to size and weight.

★ Alcohol has to pass through the bloodstream. It takes 1 hour (or more) to get rid of 1 unit.

Combination consumption over a 3 hour period

Weight	Consumption	BAC
50 kg	1 Beer Per hour	= 0.05%
70 kg	2 Beer Per hour	= 0.06%
100 kg	3 Beer Per hour	= 0.07%
50 kg	1 Beer 2 Wine	= 0.12%
70 kg	2 Beer 2 Wine	= 0.13%
100 kg	3 Beer 3 Wine	= 0.13%



BREATH ALCOHOL TESTING? Instruments for all situations



For all the information you require regarding BREATH ALCOHOL TESTING visit our website at www.alcoholtesting.co.za or e-mail: alcosafe@icon.co.za Tel: +27 12 343 8114 • Fax: +27 12 343 5774



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